



**Over-eating** is when you eat more than is necessary per your age, height, gender (I have articles available as I am less qualified in the area of diet and nutrition, however articles can give you a general idea of the specific nuances) and physical activity level. When you eat more than you need, you're going to hold onto that excess energy in the form of fat (whether it be subcutaneous, which is more flubbery and surrounds the outer-under portion of the dermis, or the visceral fat that surrounds (and often times compresses) the internal organs, which can be lethal in the long term).

**Under-eating** is when you do not eat as much as your body requires (Especially for the amount of work that you would need to do to survive) and you either eat non-nutritional foods that create no form of necessary energy for your body to work off of. You might also avoid foods all together, which is in most cases even worse, and can lead to death by malnutrition in most severe cases.

We can survive without eating food for much longer than we can for drinking water, but it remains an important understanding that we physically require a healthy balanced diet of all of the major food groups to maintain and build our body to be stronger while living to be older and happier. *However*, what if you can't afford to eat a balanced diet? Our body can survive (for a short period anyway) with the bare minimums of whatever you can get your hands on.

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### Why and how? It's important to understand the difference as weight considerations acts on a scale, or spectrum:

- Anorexia/Bulimia (Anxiety of weight gain, voluntarily induced vomiting, malnourished)
- Under-weight (<18.5 BMI)
- Normal/Average weight (18.5-24.9 BMI)
- Over-weight (25.0-29.9 BMI)
- Obesity class 1 (30.0-34.9 BMI)
- Obesity class 2 (35.0-39.9 BMI)
- Obesity class 3 (>40.0 + BMI)

(This is in consideration to your physical weight (without any clothes on, including shoes), which is correlated (in most cases) to your ADL's and dietary consumption, with both quality and amount in mind per each person)

The BMI (Body Mass Index) calculation is used for mainly untrained / unconditioned individuals because they do not have a significant amount of muscle mass that would create a major discrepancy in a result (although it still remains to be a relatively biased and somewhat of an unreliable calculation in some cases).

### When can unhealthy eating habits come out and how do you deal with it? (Mental Health)

- Stressful times
- Times of pressure
- Endurance runs (Working through times that should be used to eat food)
- Filling gaps of boredom (Eating when bored, not able to sit with one-self in boredom)
- Not creating (or having too many) healthy habits (having too many habits can, in itself, create an unhealthy habit)

### Where and who can it happen to?

- Genetics? Ability to digest food(s) (intolerances), food allergies (from birth, or developmental)
- Day to day habits? Too much / Not enough (balance and usage of personal disciplines)
- Disciplines of eating, movement and healthy understanding of the food groups / macro and micro-nutrients
- Places to avoid to create better habits / disciplines (avoiding over-consumption)